

Ka Nai'a Outrigger and Kayaking Paddling Clinic

July 15 – 19, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Welcome! Introductions, Attendance & Stretch	9:00 Attendance & Stretch - Review of paddling technique and water safety	9:00 Attendance & Stretch - Paddle talk questions and answers	9:00 Attendance & Stretch - Canoe History	9:00 Attendance & Stretch
9:15 ★ Beach Instructions ★ Introduction to Kayak and Outriggers. ★ Safety and life vests.	9:15 ★ Harbor Paddling ★ Basic Kayak Paddling Technique ★ Kayak	9:15 ★ Harbor Paddling ★ Outrigger ★ Kayak ★ Explore for sea life	9:15 ★ Harbor Paddling ★ Outrigger ★ Kayak	9:15 ★ Harbor Adventure Day! ★ Paddle ★ Explore ★ Swim
10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break
10:30 ★ Basic Outrigger Paddling Technique ★ Harbor Paddling in shallow water only.	10:30 ★ Outrigger ★ Kayak ★ Swim	10:30 ★ Outrigger ★ Kayak ★ Swim	10:30 ★ Outrigger ★ Kayak ★ Swim	11:45 Awards
11:30 Swim Test				
Noon: Parent Pick-up ON BEACH	Noon: Parent Pick-up	Noon: Parent Pick-up	Noon: Parent Pick-up	Noon: Parent Pick-up